

ALTITUDE POLE TAKAPUNA TIMETABLE

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Summers	Barr	Summer	Barr	Summers	Barr	Summers	Barr	Summers	Barr	Summers	Barr	Summers	Barr	
9.30am					Chair flow	Training Time	Pole Level 1		Spin Pole Level 2		Aerial Fit	Training Time	Pole Level 1	Spin Pole Level 2	9.30am
10.00am					Kaena 9:30am-10:25am	9:30am-10:25am	Kaena 9:30am-10:25am		Lulu 9:30am-10:25am		Kathryn 9:30am-10:25am	9:30am-10:25am	Kaena 9:30am-10:25pm	Lulu 9:30am - 10:25am	10.00am
10.30am	Flow	Training Time			Ballet Barre		Pole Level 2	Training Time	Beginner Flow	Training Time	Stretch Mixed	Training Time	Stretch Legs & Hips	Aerial Fit	10.30am
11.00am	Hine/Jo 10:30am-11:25am	10:30am-11:25am			Kaena 10:30am-11:25am		Kaena 10:30am -11:25am	10:30am-11:25am	Lulu 10:30am-11:25am	10:30am-11:25am	Kathryn 10:30am-11:25am	10:30am-11:25am	Kaena 12:30pm-1:25pm	Lulu 10:30am-11:25am	11.00am
11.30am	Pole Level 2				Pole Level 3		Stretch Mixed						Pole Play	Flow	11.30am
12.00pm	Hine/Jo 11:30am-12:25pm				Kaena 11:30am-12:25pm		Kaena 11:30-12:25pm						Kriszti 11:30am-12:25pm	Maddy 11:30am-12:25pm	12.00pm
12.30pm													4/5 Combos	Pole Level 4	12.30pm
1.00pm													Kriszti 12:30pm-1:25pm	Maddy 12:30pm-1:25pm	1.00pm
1.30pm													Flow - Fortnightly	Spin Pole Level 3	1.30pm
2.00pm													Michelle 1:30pm-2:25pm	Maddy 1:30pm-2:25pm	2.00pm
2.30pm											Spin Pole Level 3			Floor Tricks	2.30pm
3.00pm											Abbey 2:30pm-3:25pm			Maddy 2:30pm-3:25pm	3.00pm
3.30pm											Pole Level 4				3.30pm
4.00pm											Abbey 3:30pm-4:25pm				4.00pm
4.30pm	Chair flow		Pole Play	Pole Level 3	Pole Level 2	Pole Level 5	Beginner Flow		Pole Level 4	Training Time	Pole Level 1	Pole Level 2			4.30pm
5.00pm	Kaena 4.30pm-5.25pm		Sam 4.30pm-5.25pm	Abbey 4.30pm-5:25pm	Sarah 4.30pm-5:25pm	Koko 4:30pm-5:25pm	Sam 4:30pm-5:25pm		Maddy 4.30pm-5:25pm	4:30pm-5:25pm	Sam 4:30pm-5:25pm	Kriszti 4.30pm-5:25pm			0.00pm
5.30pm	Spin Pole Level 2		Spin Pole Level 4	Pole Level 2	Stretch Legs & Hips	Pole Level 1	Training Time	Pole Level 3	Ballet Barre	3/4 Combos	Pole Level 3	Spin Pole Level 2			0.30pm
6.00pm	Kaena 5:30pm-6:25pm		Sam 5:30pm-6:25pm	Amy 5:30pm-6:25pm	Amy 5:30pm-6:25pm	Sarah 5:30pm-6:25pm	5:30pm-6:25pm	Sam 5:30pm-6:25pm	Kaena 5:30pm-6:25pm	Maddy 5:30pm-6:25pm	Kriszti 5:30pm-6:25pm	Sam 5:30pm-6:25pm			6.00pm
6.30pm			Pole Level 4	Pole Level 5	Flow	Pole Level 2	Pole Level 4	Aerial Yoga	Flow	Strength & Conditioning	Pole Play	Aerial Yoga			6.30pm
7.00pm			Kristine 6:30pm - 7:25pm	Amy 6:30pm-7:25pm	Mel 6:30pm-7:25pm	Amy 6:30pm-7:25pm	Kristine 6:30pm-7:25pm	Sam 6:30pm-7:25pm	Kaena 6:30pm-7:20pm	Vanessa 6:30pm-7:25pm	Kriszti 6:30pm-7:25pm	Sam 6:30pm-7:25pm			7.00pm
7.30pm			Pole Level 1	Stretch Back	Spin Pole Level 3	Handstands	Flow	Pole Level 5	Pole Level 1	Aerial Fit					7.30pm
8.00pm			Sole 7:30pm-8:25pm	Jenna 7:30pm-8:25pm	Crystal 7:30pm-8:25pm	Mel 7:30pm-8:25pm	Kaena 7:30pm-8:25pm	Kristine 7:30pm-8:25pm	Kaena 7:30pm-8:25pm	Vanessa 7:30pm-8:25pm					8.00pm
8.30pm					Training Time	Pole Level 1	Pole Level 2	Training Time							8.30pm
9.00pm					8:30PM-9:30PM	Crystal 8:30pm-9:25pm	Kaena 8:30pm-9:25pm	8:30PM-9:30PM							9.00pm